



Ayurved Sadhana

Healing Begins Here...

“Approved and Regulated by the Colorado Department of Higher Education, Private Occupational School Board.”

Ayurvedic Doula Nutrition and Support Program **2026**

Mark Orientation Date: Jan 3, 2026, 11:00 am - 12:30 pm MT

- **Theory Classes: Online Live Webinar – Every Thursday of the Week and three weekends - Thursday, January 15, 2026, through Thursday, April 30, 2026**
- **Hands-on experience: At Ayurved Sadhana / Office Evolution, Superior, Colorado – Saturday, June 6, 2026, through Friday, June 19, 2026**
- **Externship: In Local Community – June 22, 2026, through September 30, 2026**

Ayurved Sadhana Vidyalaya, 2082 Grayden Court, Superior, CO 80027

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Ayurvedic Doula Program 2026 – 09/22/2025

1. Complete Doula Program

a. Structure:

1. Theory Classes:
 - Format: Online live webinars
 - When: Every Thursday of the Week and three weekends - Thursday, January 15, 2026, through Thursday, April 30, 2026
2. Hands-on Classes:
 - Format: In-person at Ayurved Sadhana and Office Evolution in Superior, Colorado
 - When: Saturday, June 6, 2026, through Friday, June 19, 2026
3. Externship:
 - Format: In your local community
 - When: June 22 – September 30

b. Cost:

1. Non-refundable Application and Registration Fee: **\$150**
2. Non-refundable Tech Fee: **250 per year till graduation**
3. Non-Refundable Downpayment: **\$500**
4. Total Tuition cost after December 15 Enrollment: **\$5,500.00**
5. Early Bird Total Tuition Cost: **\$5,000.00 (with enrollment before December 15)**
6. Non-Refundable Down Payment: **\$1000**
7. Payment plan over 8-9 months available, starting first payment on January 15.

Spring 2026 Live-Webinar Online Classes

1. Ayurvedic Doula - Fundamentals of Ayurveda

Dates: Thursday, January 16 – Thursday, February 12

Time: 4:30 pm – 7:30 pm MT

- Thursday, January 15
- Thursday, January 22
- Thursday, January 29
- Thursday, February 5
- Thursday, February 12

2. Maternal Mental Health and Well Being

Dates: Saturday, February 7 – Sunday, February 8

Time: 10:00 am – 5:30 pm MT

- Saturday, February 7
- Sunday, February 8

3. Ayurvedic Foundations of Women's Health in Pregnancy and Postpartum

Dates: Thursday, February 19 – Thursday, March 19

Time: 4:30 pm – 7:30 pm MT

- Thursday, February 19
- Thursday, February 26
- Thursday, March 5
- Thursday, March 12
- Thursday, March 19

4. Ayurvedic Breast Care and Lactation Consultation

Dates: Saturday, March 21 – Sunday, March 22

Time: 10:00 am – 5:30 pm MT

- Saturday, March 21
- Sunday, March 22

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5. Herbs and Spices Guide for Pregnancy and Postpartum

Dates: Thursday, March 26 – Thursday, April 2

Time: 4:30 pm – 7:30 pm MT

- Thursday, March 26
- Thursday, April 2

6. Calendar of Care

Dates: Thursday, April 9 – Thursday, April 30

Time: 4:30 pm – 8:00 pm MT

- Thursday, Apr 9
- Thursday, Apr 16
- Thursday, Apr 23
- Thursday, Apr 30

7. Doula Self-Care

Date: Saturday, April 18

Time: 10:00 pm – 4:00 pm MT

- Saturday, April 18

8. Business Setup Guidelines

Date: Sunday, April 19

Time: 10:00 pm – 3:00 pm MT

- Sunday, April 19

Spring 2026 Hands-On Classes Tentative Schedule

1. Mother's Ayurvedic Warm Oil Application

Dates: Saturday, June 6 – Monday, June 8

Time: 9:00 am- 6:00 pm MT

Location: Office Evolution - 357 S. McCaslin Blvd. Suite 100, Louisville, CO 80027

- Saturday, June 6
- Sunday, June 7
- Monday, June 8

2. Infant Ayurvedic Warm Oil Application

Date: Tuesday, June 9

Time: 9:00 am- 6:00 pm MT

Location: Office Evolution - 357 S. McCaslin Blvd. Suite 100, Louisville, CO 80027

- Tuesday, June 9

3. Marma Points for Postpartum and Pregnant Mothers

Dates: Wednesday, June 10 – Thursday, June 11

Time: 9:00 am – 6:00 pm MT

Location: Office Evolution - 357 S. McCaslin Blvd. Suite 100, Louisville, CO 80027

- Wednesday, June 10
- Thursday, June 11

No Class

- Friday, June 12

4. Ayurvedic Cooking for Postpartum

Dates: Saturday, June 13 – Sunday, June 14

Time: 10:00 am – 6:30 pm MT

Location: ASV – 2082 Grayden Court, Superior, CO 80027

- Saturday, June 13
- Sunday, June 14

5. Ayurvedic Cooking for Pregnancy

Dates: Monday, June 15 – Tuesday, June 16

Time: 10:00 am – 6:30 pm MT

Location: ASV – 2082 Grayden Court, Superior, CO 80027

- Monday, June 15
- Tuesday, June 16

6. Doula Vital Signs and Assessments

Dates: Class Wednesday, June 17

Time: 10:00 am – 4:30 pm MT

Location: ASV – 2082 Grayden Court, Superior, CO 80027

- Wednesday, June 17

7. Postpartum Oils, Salves, Tinctures, and Syrups

Dates: Thursday, June 18 – Friday, June 19

Time: 9:00 am – 6:00 pm MT

Location: ASV – 2082 Grayden Court, Superior, CO 80027

- Thursday, June 18
- Friday, June 19

Spring 2026 Final Externship

Dates: Externship must be completed between June 19, 2026, to September 30, 2026

Assignments:

- a. Complete daily client intake evaluations (for all days interned)
- b. Create a document for the doula self-care techniques you are practicing
- c. Create a community resources document
- d. Provide 3 mothers with Marma Point sessions
- e. Provide 3 client-led Ayurvedic breast care instruction sessions
- f. Provide 5 mothers with warm oil applications
- g. Provide 3 parent-led infant warm oil application instruction sessions
- h. Prepare and provide 9 pregnancy dishes, as per Ayurveda
- i. Prepare and provide 9 postpartum dishes, as per Ayurveda
- j. Prepare and provide 3 kinds of medicated ghee
- k. Prepare and provide 1 postpartum salve
- l. Please make sure that you acquired the doula certificate from American institutes like Dona or Birth Art International
- m. Write a 3–5-page research paper on a postpartum topic of your choice
- n. Write a 1-page reflection paper about your experience throughout your doula externship
- o. Meet with the designated school supervisor for a final evaluation and interview